

Message Text

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PAGE 01 CAIRO 18879 141249Z
ACTION SS-25

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FM AMEMBASSY CAIRO
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C O N F I D E N T I A L CAIRO 18879

EXDIS

FOR ASSISTANT SECRETARY SAUNDERS FROM AMBASSADOR

E.O. 11652: GDS
TAGS: OVIP EG US
SUBJECT: SADAT'S DAILY PATTERN

REF: STATE 204784, PARA 2

1. ALTHOUGH I HAVE NEVER SPENT A FULL DAY WITH SADAT, MY UNDERSTANDING OF HIS DAILY PATTERN IS AS FOLLOWS:
2. HE NORMALLY ARISES AROUND 0900, AT WHICH TIME HE DOES SOME EXERCISES AND HAS A MASSAGE. THEREAFTER, HE SHOWERS, SHAVES, ETC., WHICH IS FOLLOWED BY A LIGHT BREAKFAST, USUALLY OF HONEY AND CHEESE WITH A BIT OF BREAD. HE THEN, WHEN POSSIBLE, LIKES TO TAKE AN HOUR'S(OR LESS) WALK.
3. HIS WORK SCHEDULE BEGINS AT 1030 (EARLIEST--1100 PREFERRED) AND CONTINUES TO SOMEWHERE IN THE NEIGHBORHOOD OF 1430 TO 1500, DEPENDING UPON THE NUMBER OF PEOPLE HE RECEIVES AND HOW LONG EACH STAYS. AROUND 1500 HE HAS A VERY RPT VERY LIGHT LUNCH, AGAIN MAINLY CHEESE.

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4. BETWEEN 1600 AND 1800 HE NORMALLY NAPS.
5. AT 1900 OR 2000, DEPENDING UPON PREVIOUS EVENTS THAT DAY, HE WILL EAT HIS BIG MEAL. HIS DIETARY HABITS REMAIN THOSE THAT WE HAD PREVIOUSLY EXPERIENCED WITH HIM. HE HAS HIS OWN STARCHLESS MACARONI, PERHAPS A BOILED CHICKED OR BOILED MEAT AND A FEW LIGHT VEGETABLES.

EVERYTHING IS AS LOW CALORIE AS POSSIBLE. YOU SHOULD PLAN, INCIDENTALLY, THAT HE WILL BRING HIS OWN COOK AND SPECIAL FOOD WITH HIM TO CAMP DAVID.

6. AFTER DINNER, HE LIKES TO RELAX TALKING TO FRIENDS OR WATCHING A MOVIE. HE ENJOYS MOST WESTERN OR DETECTIVE FILMS.

7. AS A RULE, HE RETIRES AT MIDNIGHT OR 0100. THIS ALSO ACCOUNTS FOR HIS RELATIVELY LATE AWAKE IN THE MORNING.

8. DURING THE ABOVE DAILY SCHEDULE, HE IS USUALLY METICULOUS IN PERFORMING THE FIVE DAILY PRAYERS. I HOPE THE ABOVE IS OF SOME HELP. IF MORE IS NEEDED, PLEASE LET ME KNOW. EILTS

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NNN

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